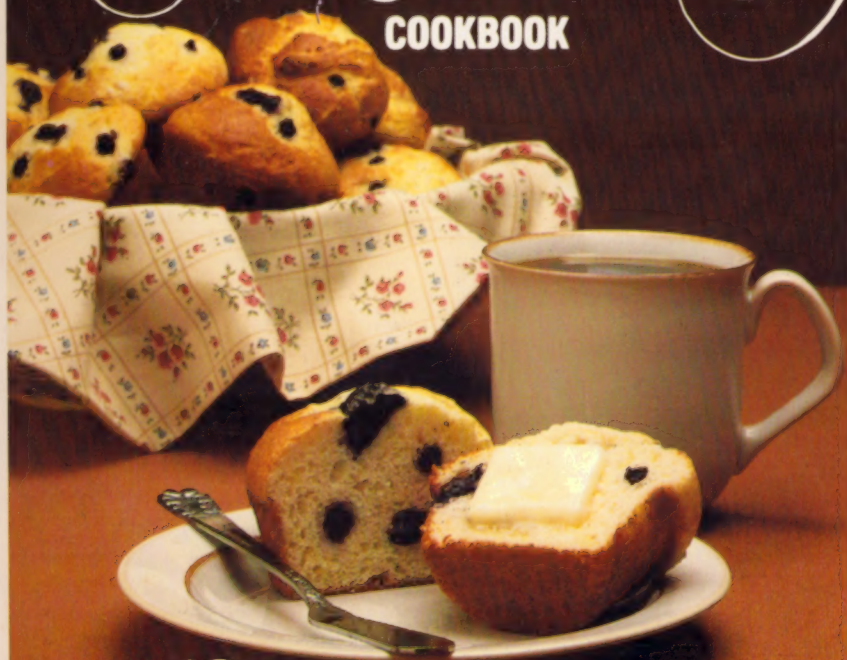


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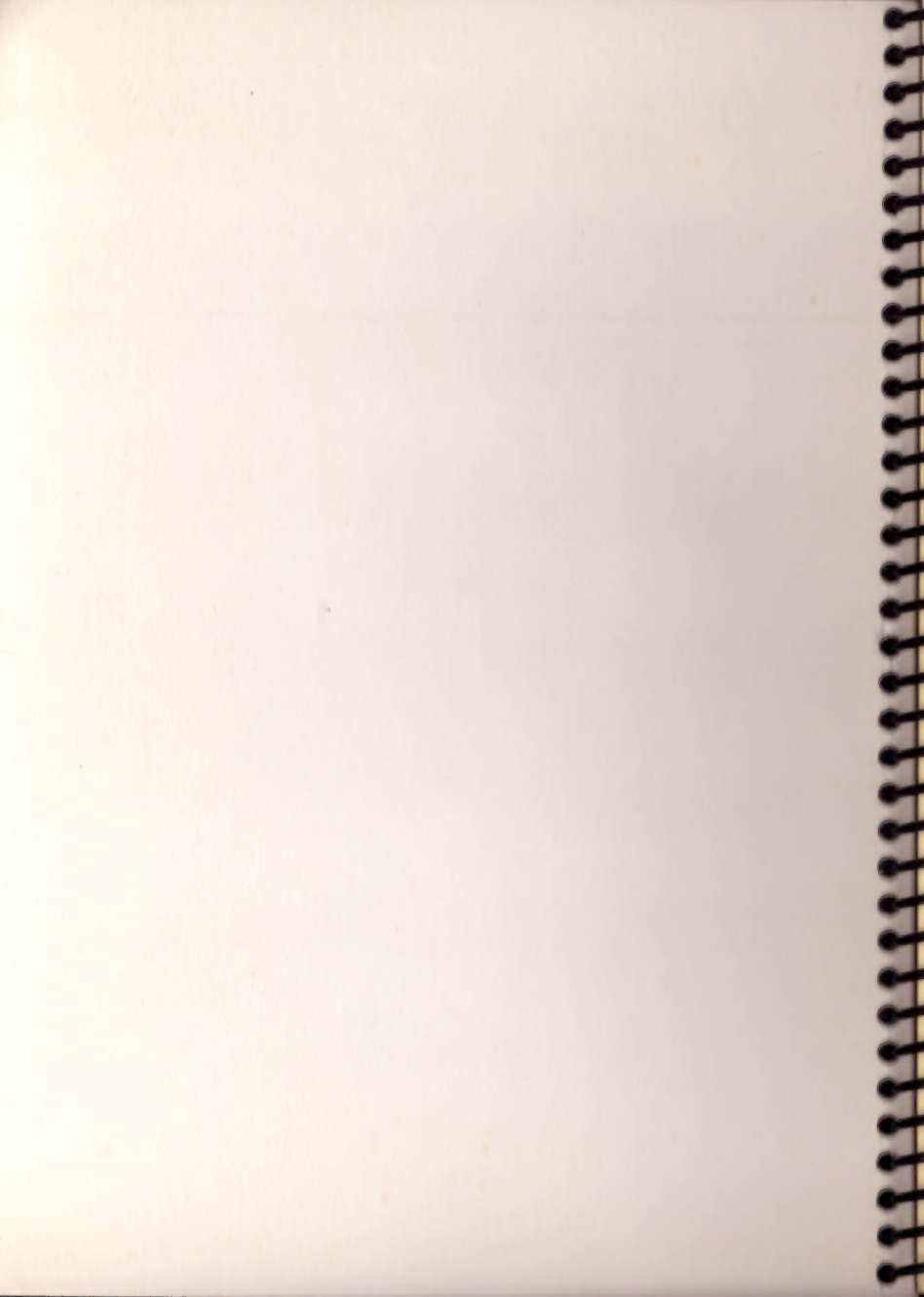
NON-STICK BAKEWARE

# M·M·M Muffin

COOKBOOK



**48** UNIQUE & DELICIOUS MUFFIN RECIPES  
AND SPECIAL TIPS



# Baker's Secret<sup>®</sup>

NON-STICK BAKEWARE

## M·M·M Muffin COOKBOOK

**48** UNIQUE & DELICIOUS  
MUFFIN RECIPES AND SPECIAL TIPS

by Joan and Marilyn





## **M-M-M MUFFINS!**

Nobody knows better than Ekco how popular muffins are... we sell muffin pans by the millions! The muffin is an American classic, as appropriate for company dinners as it is for family meals. Everybody loves muffins. And they lend themselves to all kinds of interesting and exciting variations.

We knew you'd want to add a great muffin cookbook to your collection. So we hunted far and wide for one that was just right. We finally found it — in Canada! This book — and your Baker's Secret muffin pans — are the starting point for some m-m-m- muffin baking!

We at Ekco are sure you will enjoy the delicious results.

**See the last page for specific details on baking muffins with Baker's Secret Non-Stick Bakeware.**

Special edition prepared for Ekco Housewares Company,  
9234 West Belmont Ave., Franklin Park, Illinois 60131

Also available under the title of MUFFINS — A COOKBOOK.

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Joan Bidinosti and Marilyn Wearing  
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# Introduction

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The challenge to create a muffin cookbook was irresistible. We are not professionals - we have no credentials as food columnists. Rather we are wives/mothers - each with four teen-age (more-or-less) children who have eaten hundreds of our muffins. This book is our reply to, "Mum, you should write a muffin cookbook".

Our book includes many popular favorites. Recipes were given to us by friends and relatives; others were gleaned from cookbooks, magazines and newspapers (often modified) and many were developed by us. We have tested them all.

As we collected and tested, we became increasingly aware that muffins have taken on a new image. Young and old are eating them for breakfast, packing them in lunches and munching them for snacks. Furthermore, the trend towards a more active lifestyle and improved eating habits has heightened the interest in nutritional content. As a result, many of our selections emphasize nutrition, others are primarily confections.

Hopefully the novice cook will be enticed and encouraged, while the experienced baker will be tempted to experiment. We have tried to present the recipes clearly and simply so that you, the reader, will use and enjoy this Muffin Cookbook.

Joan Bidinosti  
Marilyn Wearing

# Muffins... A to Z

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# Basic Muffin

**TEMP.** 400° F  
**TIME** 20 minutes  
**MAKES** 10 - 12 large muffins

*A basic recipe included to illustrate the standard muffin method. Vary it as you wish by adding fruit, nuts, chocolate chips, etc.*

- 1½ cups all-purpose flour
- ½ cup white sugar
- 2 tsp baking powder
- ½ tsp salt
- 1 egg
- ½ cup milk
- ¼ cup vegetable oil

1. Heat oven to 400° F. Rack in middle of oven.
2. Dark pans may require slightly lower temperature or shorter baking time than shiny pans.
3. Grease muffin cups or use paper baking cups.
4. Sift dry ingredients together in bowl.
5. In separate bowl beat egg slightly with fork. Stir in milk and oil.
6. Make a well in dry mixture and pour in liquid.
7. Stir until moistened only. Batter should be lumpy - do not overmix.
8. Fill muffin cups two-thirds full and bake 20 minutes.



Always read entire recipe before you begin.



# Applesauce Oatmeal Prune

**TEMP.** 400°F

**TIME** 20 minutes

**MAKES** 11 large muffins

*Eat your breakfast as you run out the door...  
a handful of flavor!*

- $\frac{3}{4}$  cup all-purpose flour
- $\frac{1}{2}$  tsp cinnamon
- $\frac{1}{2}$  tsp salt
- $\frac{1}{4}$  tsp nutmeg
- 1 Tbsp baking powder
- $1\frac{1}{4}$  cups rolled oats
- $\frac{3}{4}$  cup chopped prunes
- $\frac{1}{2}$  cup brown sugar
- $\frac{1}{2}$  cup vegetable oil
- 1 egg
- 1 cup applesauce

1. Sift first five ingredients into bowl.
2. Stir in oats, prunes and brown sugar.
3. Beat oil and egg together. Add applesauce.
4. Pour into dry mixture. Stir to blend.
5. Fill muffin cups and bake.

# Whole Wheat Applesauce

**TEMP.** 350° F  
**TIME** 20 - 25 minutes  
**MAKES** 12 large muffins

*Developed using stoneground flour. Better if you "grind your own" as Bill does.*

- 1/3 cup vegetable oil
- 1/3 cup milk
- 1 tsp vanilla
- 1 or 2 eggs
- 2/3 cup applesauce (rhubarb sauce)
- 1/2 cup brown sugar
- 2 cups whole-wheat flour
- 2 tsp baking powder
- 1/4 tsp salt

1. In small bowl mix all wet ingredients.
2. In large bowl combine all dry ingredients.
3. Add wet to dry. Stir just until blended.
4. Fill muffin cups and bake.



Instead of applesauce try 1/2 cup raisins, dates or berries and increase milk by about 1/2 cup.

Add spice with a dash of cinnamon and nutmeg.

# Apple Surprise

**TEMP.** 375°F

**TIME** 20 - 25 minutes

**MAKES** 18 medium muffins

*Read recipe before starting...*

*wonderfully different... well worth the extra effort and expense.*

- |                                   |                                |
|-----------------------------------|--------------------------------|
| 1 can pie-sliced apples (19 oz.)  | 1½ cups all-purpose flour      |
| ½ cup white sugar (first amount)  | 1 tsp baking soda              |
| 1 Tbsp cinnamon (first amount)    | 1 tsp baking powder            |
| ¼ cup chopped walnuts             | ½ tsp salt                     |
| ½ cup butter                      | ½ tsp cinnamon (second amount) |
| ½ cup white sugar (second amount) | ¼ tsp cardamom (optional)      |
| 2 eggs                            | ¼ tsp almond extract           |
|                                   | 1 cup grated cheddar cheese    |
|                                   | ¼ cup strong coffee            |

1. Drain apples. Reserve 18 slices. Chop remainder.
2. Sprinkle some sugar and cinnamon (first amounts) on 18 slices. Mix rest with walnuts.
3. Cream butter, sugar (second amount) & eggs.
4. Sift in dry ingredients. Mix to blend.
5. Stir in chopped apple, cheese & coffee.
6. Fill muffin cups ¼ full.
7. Press 1 sugared apple slice into each cup.
8. Fill muffin cups with remainder of batter.
9. Sprinkle with sugar, cinnamon, nut mixture and bake.



# Chunky Apple

**TEMP.** 375° F

**TIME** 20 minutes

**MAKES** 10 large muffins

*'Chunks' of apple... rather than grated... make these extra special.*

- $\frac{1}{4}$  cup vegetable oil
- $\frac{3}{4}$  cup brown sugar
- 1 egg
- 1 Tbsp cream
- $1\frac{1}{2}$  cups chopped apple (peeled)
- $\frac{1}{2}$  cup raisins
- 1 cup all-purpose flour (or whole-wheat)
- $\frac{3}{4}$  tsp baking soda
- $\frac{3}{4}$  tsp salt
- 1 tsp baking powder
- $\frac{1}{4}$  tsp cinnamon
- $\frac{1}{4}$  tsp nutmeg
- TOPPING MIXTURE**
- 1 tsp cinnamon
- $1\frac{1}{2}$  Tbsp white sugar

1. In large bowl beat oil, sugar, egg and cream.
2. Stir in apple and raisins.
3. Sift in dry ingredients. Stir to blend.
4. Fill muffin cups.
5. Sprinkle topping mixture on batter and bake.

# Blender Apple

**TEMP.** 375° F  
**TIME** 30 minutes  
**MAKES** 11 large muffins

*One of the easiest muffins you'll make... blended red skin adds vitamins, flavor and color.*

- 1½ cups all-purpose flour
- ½ cup whole-wheat flour
- 2 tsp baking powder
- ¼ tsp baking soda
- ½ tsp salt
- ¼ tsp cinnamon
- ⅔ cup milk
- 1 egg
- ⅓ cup vegetable oil
- ¾ cup brown sugar
- 2 medium red apples (cored, unpeeled)
- ¼ cup nuts

1. Sift flour, baking powder, soda, salt and cinnamon into large bowl.
2. Into electric blender put milk, egg, oil, sugar, nuts and apple (cut in eighths). Blend well.
3. Pour into flour mixture. Stir only until mixed.
4. Fill muffin cups and bake.



Before baking sprinkle batter in muffin cups with sugar and cinnamon.

# Easy Banana

**TEMP.** 350° F  
**TIME** 20 - 25 minutes  
**MAKES** 12 large muffins

*If time is limited this is a speedy and delicious treat from the ABSOLON farm.*

- 1 cup mashed bananas (2 or 3 medium)
- 1 cup miracle whip dressing
- $\frac{3}{4}$  cup white sugar
- 2 cups flour ( $\frac{2}{3}$  C whole-wheat,  $1\frac{1}{3}$  C all-purpose)
- 2 tsp baking soda
- $\frac{1}{2}$  tsp salt

1. In medium large bowl beat bananas.
2. Beat in sugar and salad dressing.
3. Stir in flour, soda and salt just until moistened.
4. Fill muffin cups and bake.





# Joan's Banana

**TEMP.** 400°F

**TIME** 20 - 25 minutes

**MAKES** 14 large muffins

*An old favorite from Flin Flon... Joan's family has eaten hundreds of these.*

- 1 cup white sugar
- 1/2 cup vegetable oil
- 2 eggs
- 3 bananas
- 3 Tbsp sour cream or (soured milk)
- 1 tsp baking soda
- 2 cups all-purpose flour

1. With electric mixer, beat sugar and oil.
2. Add eggs, then bananas. Beat thoroughly.
3. Dissolve soda in sour cream.
4. Turn mixer to low speed. Slowly add soda-cream to banana mixture.
5. Sift in flour and continue to mix gently until blended.
6. Fill muffin cups and bake.



If bananas are small we use four.

# Banana 'n Peanut

**TEMP.** 400° F  
**TIME** 15 minutes  
**MAKES** 12 large muffins

*A nutritious recipe from "Action Nanaimo" for peanut and banana lovers..*

- 1½ cups whole-wheat flour
- 2 tsp baking powder
- ½ tsp baking soda
- ¼ tsp cinnamon
- ¼ tsp nutmeg
- ½ cup brown sugar
- 3 large, ripe bananas
- 1 egg
- ⅓ cup vegetable oil
- 2 Tbsp crunchy peanut butter
- ½ cup coarsely chopped peanuts

1. In large bowl, stir dry ingredients with a fork.
2. In small bowl, mash bananas. (Or purée in blender)
3. Whisk (or blend) oil, peanut butter and egg with banana.
4. Stir banana mixture into dry ingredients with nuts.
5. Fill muffin cups and bake.

# Mom K's Bran

**TEMP.** 450° F

**TIME** 12 - 15 minutes

**MAKES** 10 - 12 large muffins

*Let your young cook try this recipe... so quick and easy... just one of each ingredient.*

- 1 Tbsp shortening
- 1 cup brown sugar
- 1 egg
- 1 cup natural bran
- 1 cup all-purpose flour
- 1 tsp baking soda
- pinch of salt
- 1 cup raisins (washed)
- 1 cup sour milk or buttermilk

1. Cream shortening, sugar and egg in large bowl.
2. Combine dry ingredients.
3. Sift in dry ingredients alternately with sour milk.
4. Add raisins and stir until moistened.
5. Fill muffin cups and bake.





# Moist Bran

**TEMP.** 375° F

**TIME** 20 - 25 minutes

**MAKES** 3 dozen large muffins  
(Refrigerator Batch)

*Ultra convenient to have batter in the fridge...hot muffins in twenty minutes.*

- 1 cup shortening (or margarine)
- 2 cups white sugar (or  $\frac{1}{2}$  C molasses,  $1\frac{1}{4}$  C sugar)
- 2 cups natural bran
- 4 eggs
- 3 cups buttermilk
- 1 Tbsp baking powder
- $3\frac{3}{4}$  cups all-purpose flour
- 1 Tbsp baking soda
- $\frac{1}{2}$  cup hot water

1. In very large bowl, cream shortening and sugar.
2. Stir in bran, eggs, buttermilk, flour and baking powder.
3. Dissolve soda in  $\frac{1}{2}$  C hot water and pour on top of first mixture.
4. After 1 minute mix together.
5. **Cover and keep cool in fridge for 24 hours before baking.**
6. Batter will keep up to 2 weeks in fridge.



Add 1 cup or more of cut-up dates or raisins or currants or prunes.

# Dark Bran

**TEMP.** 425° F  
**TIME** 15 minutes  
**MAKES** 4 dozen large muffins  
(Refrigerator Batch)

*Weightlifter Roscoe's favorite because of its rich "healthy" flavor... "power" in every bite.*

- 6 cups all-bran cereal
- 2 cups boiling water
- 1 cup vegetable oil
- 1 cup molasses
- 4 eggs
- 4 cups buttermilk (1 litre)
- 2 cups uncooked, cut-up prunes, dates or raisins
- 5 cups sifted all-purpose flour
- 2 Tbsp baking soda
- 1 tsp salt

1. In **extra large** bowl, mix cereal with boiling water. Allow to cool.
2. In small bowl (or 4-cup measure), beat oil, molasses and eggs with a fork.
3. Stir egg mixture into bran in bowl with buttermilk and prunes.
4. Sift in flour, soda and salt. Stir just until blended.
5. **Cover and keep cool in fridge for 24 hours before baking.**
6. Do not remix.



For variety Joan "throws in" some sesame seeds and currants at baking time.

# Yogurt Bran

**TEMP.** 350°F

**TIME** 35 minutes

**MAKES** 2 dozen large muffins

*Yogurt adds a special flavor. Gary recommends these as #1 with blueberries.*

- 2 cups yogurt (plain)
- 2 tsp baking soda
- 1 cup brown sugar or less to taste
- 2 eggs
- 1 cup vegetable oil
- 2 cups natural bran
- 2 tsp vanilla
- 2 cups all-purpose flour
- 4 tsp baking powder
- 1/2 tsp salt
- 1 cup blueberries or raisins or nuts

1. Measure yogurt into medium bowl. Mix in soda and set aside. (Don't leave too long.)
2. In large bowl beat together eggs, sugar, oil.
3. Stir in bran and vanilla.
4. Sift together flour, baking powder, salt and add to sugar mixture alternately with yogurt.
5. Fold in fruit or nuts.
6. Fill muffin cups and bake.



# Marilyn's Blueberry

**TEMP.** 400° F

**TIME** 20 minutes

**MAKES** 12 large muffins

*From a friend in B.C., but blueberries and muffins go together in any province.*

- 2 eggs
- 1 cup milk
- $\frac{1}{4}$  cup melted butter (or margarine)
- $1\frac{1}{2}$  cups all-purpose flour
- 3 tsp baking powder
- $\frac{1}{2}$  tsp salt
- 2 Tbsp white sugar
- 1 cup blueberries
- $\frac{1}{4}$  cup flour
- $\frac{1}{2}$  cup white sugar

1. In small bowl, beat eggs, milk, butter.
2. In large bowl, mix flour, baking powder, salt and the 2 Tbsp sugar.
3. Stir liquid ingredients into dry.
4. Gently fold in mixture of blueberries, sugar and flour.
5. Fill muffin cups and bake.



# Cranberry Yogurt

**TEMP.** 400° F  
**TIME** 20 minutes  
**MAKES** 12 large muffins

*Friends are always asking for this recipe...  
use whole cranberries if in a hurry.*

- 1 cup rolled oats
- 1 cup yogurt
- $\frac{1}{2}$  cup vegetable oil
- $\frac{3}{4}$  cup brown sugar
- 1 egg
- 1 cup all-purpose flour
- 1 tsp salt
- $\frac{1}{2}$  tsp baking soda
- 1 tsp baking powder
- 1 cup cranberries (chop in half)  
(or blueberries)

1. Soak oats in yogurt.
2. Add oil sugar and egg. Beat well.
3. Sift in flour, salt, soda, baking powder.
4. Before stirring, sprinkle cranberries over flour mixture.
5. Stir to blend.
6. Fill muffin cups and bake.



Instead of berries try dried currants...  
always available.

# Cherry Surprise

TEMP. 425° F

TIME 15 - 20 minutes

MAKES 12 large muffins

*A cherry confection... an afternoon 'sweet' for the office or tea table.*

- 2 cups all-purpose flour
- $\frac{1}{3}$  cup white sugar
- 1 Tbsp baking powder
- $\frac{1}{2}$  tsp baking soda
- $\frac{1}{2}$  tsp salt
- $\frac{1}{4}$  cup butter (or margarine)
- 1 cup plain yogurt
- $\frac{1}{4}$  cup milk
- 1 egg
- $\frac{1}{2}$  tsp vanilla
- $\frac{1}{3}$  cup cherry pie filling

1. Sift dry ingredients into large bowl.
2. Melt butter. Remove from heat.
3. Stir yogurt, milk, egg, vanilla and butter together.
4. Stir butter mixture into dry ingredients.
5. Fill **well greased** muffin pans half full.
6. Place about a tsp of cherry pie filling on batter in each cup. Top with remaining batter.
7. Bake until golden.



Instead of pie filling... try cranberry sauce or 1" cube of cream cheese and jelly or walnut half and a cherry.

# Maraschino Cherry

**TEMP.** 375° F

**TIME** 25 minutes (15 min./small)

**MAKES** 12 large muffins (24 small)

*Bake the small size for afternoon tea...  
add calories with almond-flavored icing!*

- $\frac{3}{4}$  cup milk
- 3 Tbsp maraschino cherry juice
- $\frac{1}{4}$  cup vegetable oil
- 1 egg
- 2 cups all-purpose flour
- 1 Tbsp baking powder
- 1 tsp salt
- $\frac{1}{2}$  cup white sugar
- $\frac{1}{3}$  cup maraschino cherries (chopped)
- $\frac{1}{4}$  cup chopped almonds

1. Beat together milk, juice, oil and egg.
2. Sift in dry ingredients.
3. Before mixing, add cherries and nuts.
4. Stir to blend.
5. Fill muffin cups and bake.





# Christmas Cake Leftovers

**TEMP.** 400° F  
**TIME** 20 - 25 minutes  
**MAKES** 12 large muffins

*A dandy way to use your extra candied and dried fruits... use 1 cup of any combination.*

- 1 cup all-bran cereal
- 1 cup milk
- 1 egg
- $\frac{1}{4}$  cup vegetable oil
- $\frac{1}{3}$  cup mixed peel
- $\frac{1}{3}$  cup candied cherries (chopped)
- $\frac{1}{3}$  cup chopped nuts
- 1 tsp vanilla
- 1 cup all-purpose flour
- 1 cup white sugar
- 3 tsp baking powder
- $\frac{1}{2}$  tsp salt
- 1  $\frac{1}{2}$  tsp cinnamon
- $\frac{1}{2}$  tsp nutmeg
- $\frac{1}{2}$  tsp ginger
- $\frac{1}{4}$  tsp cloves
- $\frac{1}{4}$  tsp mace

1. Combine all-bran and milk. Let stand until most of the moisture is absorbed.
2. Beat in egg and oil.
3. Stir in fruit, nuts and vanilla.
4. Sift in remaining ingredients. Stir to blend.
5. Fill muffin cups and bake.

# Chocolate Chips 'n Bran

**TEMP.** 375°F  
**TIME** 20 minutes  
**MAKES** 12 large muffins

*What a combination... we'll soon have everyone eating bran!*

- 1¾ cups all-purpose flour
- 5 tsp baking powder
- ¾ tsp salt
- 1 cup white sugar
- ⅓ cup chocolate chips (or butterscotch)
- 1¼ cups natural bran
- 2 eggs, well beaten
- 1 cup milk
- 1 tsp vanilla
- ½ cup vegetable oil

1. Sift together first four ingredients.
2. Stir in chips and bran.
3. Mix together last four ingredients.
4. Add to flour mixture. Stir to blend.
5. Fill muffin cups and bake.



# Choco - Wheat Germ

**TEMP.** 350° F

**TIME** 25 minutes (20 min./small)

**MAKES** 12 large muffins (24 small)

*Developed from an old cake recipe... wheat germ and carob chips add an extra dimension.*

- $\frac{1}{2}$  cup shortening at room temp.  
(or margarine or lard)
- $\frac{2}{3}$  cup white sugar
- 1 egg
- 1 tsp vanilla
- $1\frac{1}{2}$  cups all-purpose flour
- 1 tsp baking soda
- 3 Tbsp cocoa
- $\frac{1}{2}$  tsp salt
- 1 cup sour milk or buttermilk
- $\frac{1}{2}$  cup wheat germ
- $\frac{1}{2}$  cup carob chips (or choc. chips)

1. In large bowl, cream shortening, sugar, egg and vanilla.
2. Sift together flour, soda, cocoa and salt.
3. Stir in dry ingredients alternately with sour milk.
4. Mix in wheat germ and chips.
5. Fill muffin cups and bake.

# Carrot etc.

**TEMP.** 400° F  
**TIME** 20 minutes  
**MAKES** 12 large muffins

*Crunchy... a special combination... taste terrific.*

- |                         |                          |
|-------------------------|--------------------------|
| 1 cup all-purpose flour | 1/4 cup chopped almonds  |
| 2 tsp baking powder     | 1/4 cup chopped apricots |
| 1 tsp baking soda       | 3/4 cup grated carrot    |
| 1/2 tsp salt            | Grated rind of           |
| 1/2 tsp cinnamon        | 1 orange                 |
| 1 cup natural bran      | 1 cup buttermilk         |
| 1/4 cup wheat germ      | (or soured milk)         |
| 3/4 cup brown sugar     | 1/4 cup vegetable oil    |
| 2 Tbsp sesame seeds     | 1 egg                    |

1. Sift together flour, baking powder, soda, salt & cinnamon.
2. Stir in bran, wheat germ, brown sugar.
3. Stir in sesame seeds, almonds, apricots, grated carrot & orange rind.
4. Beat buttermilk, oil and egg together.
5. Pour into dry ingredients and stir to moisten.
6. Fill muffin cups and bake.



# Carrot Prune

**TEMP.** 375° F

**TIME** 20 minutes

**MAKES** 18 large muffins

*Like an old-fashioned 'spring tonic'... surely good for whatever ails you!*

- 3 eggs
- $\frac{1}{3}$  cup brown sugar
- $\frac{1}{2}$  cup molasses
- $\frac{2}{3}$  cup vegetable oil
- 1 cup chopped prunes
- 1 cup shredded carrot
- 2 cups natural bran
- $\frac{1}{2}$  cup wheat germ
- 2 cups all-purpose flour
- 2 tsp baking powder
- 1 tsp baking soda
- 1 tsp salt
- 1  $\frac{1}{4}$  cups milk

## TOPPING

- 2 Tbsp brown sugar
- 2 Tbsp chopped walnuts

1. Beat eggs and sugar together.
2. Stir in molasses & oil.
3. Add prunes, carrot, bran & wheat germ.
4. Sift flour, baking powder, soda and salt.
5. Add alternately with milk.
6. Fill muffin cups, sprinkle batter with nut topping and bake.

# Carrot Pineapple

**TEMP.** 400° F

**TIME** 20 minutes

**MAKES** 12 large muffins

*A very popular recipe... like mini carrot cakes...  
for 'best' top with a cream-cheese icing.*

- 1½ cups all-purpose flour
- 1 cup white sugar
- 1 tsp baking soda
- 1 tsp baking powder
- 1 tsp cinnamon
- ½ tsp salt
- 2 eggs
- 1 tsp vanilla
- ⅔ cup vegetable oil
- 1 cup grated carrots
- ½ cup crushed pineapple with juice

1. Sift dry ingredients into bowl.
2. Beat together eggs, vanilla & oil.
3. Add to flour mixture.
4. Add carrots, pineapple and juice. Mix well.
5. Fill muffin cups and bake.



# Cornflake

**TEMP.** 425° F  
**TIME** 20 minutes  
**MAKES** 12 large muffins

*Good for a kindergarten snack.*

- 1 egg
- 1 cup buttermilk (or soured milk)
- $\frac{1}{4}$  cup vegetable oil
- 1 cup raisins
- 1 Tbsp grated orange rind
- $\frac{1}{2}$  cup brown sugar
- 2 cups coarsely crushed cornflakes
- 1 cup all-purpose flour
- 2 tsp baking powder
- $\frac{1}{2}$  tsp baking soda
- $\frac{1}{2}$  tsp salt

1. Beat egg, buttermilk & oil in large bowl.
2. Stir in raisins, orange rind & sugar.
3. Blend in cornflakes.
4. Into this mixture, sift remaining ingredients.
5. Stir to blend.
6. Fill muffin cups and bake.

# Honey Cornmeal

**TEMP.** 400° F  
**TIME** 20 minutes  
**MAKES** 12 large muffins

*Lovely and light, but don't over-bake.*

- $\frac{1}{3}$  cup raisins (or more)
- 1 cup cornmeal
- $1\frac{1}{2}$  cups buttermilk
- $1\frac{1}{3}$  cups all-purpose flour
- 1 tsp baking powder
- 1 tsp baking soda
- $\frac{1}{2}$  tsp salt
- 1 egg
- $\frac{1}{2}$  cup vegetable oil
- $\frac{1}{2}$  cup honey



1. Pour boiling water over raisins.
2. Combine cornmeal with 1 C buttermilk.
3. Into large bowl, sift dry ingredients.
4. In medium bowl, beat egg, oil, honey and remaining buttermilk.
5. Add liquid mixture to cornmeal and buttermilk.
6. Stir liquid mixture into dry. Add drained raisins.
7. Fill muffin cups and bake.



## MUFFINS MADE EASY...

- pre-heat oven to recommended temperature
- grease muffin pans (insides & tops) or use a non-stick cooking spray or line pans with paper baking cups.
- be adventurous — try variations but be aware that substitutions may change character of muffins. (If *you* like the result, does it matter if the muffins are not light, even-textured and high?)
- usually, dry and liquid ingredients are mixed thoroughly *but separately*. When combined, the batter is stirred just enough to moisten ingredients (lumpy)... overmixing causes toughness and tunnels.
- fill muffin cups *at least*  $\frac{3}{4}$  full or to the top if you want big muffins.
- baking times are approximate; muffin is done if it is lightly browned and springs back when gently touched.
- if paper cups are used, paper often peels more easily after cooling.

## STORING...

- airtight plastic containers will keep muffins *very* moist; a bonus if your muffins are dry! Refrigeration is advised if storing for more than two or three days.
- metal containers are not as airtight so better for very moist muffins.

## FREEZING...

- Muffins freeze well if cooled completely and placed in airtight plastic container or wrap. Double your recipe... freeze half.

## RE-HEATING...

- when taken directly from freezer, unwrap and heat in 350° F oven for 10-15 minutes.
- to refresh a muffin, wrap in foil and heat in toaster oven for 5 minutes.

## **SUBSTITUTIONS...**

- 1 cup milk =  $\frac{1}{3}$  cup instant milk powder mixed with dry ingredients + 1 cup water mixed with liquid ingredients
- 1 cup buttermilk = substitute  $\frac{1}{3}$  cup instant buttermilk powder for instant milk powder in the above method
- 1 cup sour milk = 1 Tbsp vinegar plus sweet milk to make 1 cup.

## **SPECIAL NOTE ON "NATURAL BRAN"**

Whenever a recipe calls for "natural bran" in this cookbook, it means "unprocessed bran flakes". These are different than conventional bran flake cereals. If you cannot find "unprocessed bran flakes" in your local grocery store, try a health food store.

## **SUGAR CONTENT...**

You may find some recipes too sweet or not sweet enough for your taste. Experiment with sweetness by adding or subtracting  $\frac{1}{4}$  to  $\frac{1}{2}$  cup sugar. Be aware sugar content alters texture.

## **EXTRA NUTRITION...**

### **(Cornell Triple-Rich Formula)**

Before you measure each cup of flour required in your recipe, place in the bottom of the cup-measure:

- 1 Tbsp soya flour
- 1 Tbsp dry milk powder
- 1 tsp wheat germ

Fill the cup with all-purpose flour and repeat for each cup of flour required. This mix will increase protein, calcium and vitamin E content and will make little difference to the performance of the flour or the finished flavor.

## BAKING TIPS

- to fill muffin cups use a spring-type ice cream scoop or a  $\frac{1}{4}$  cup that has been used to measure oil.
- batter doesn't fill all the cups in a muffin pan? — fill any empty cups half full with water before baking.
- freeze over-ripe **bananas** — buy them on the "reduced" table and throw them in the freezer — let them thaw on the counter for  $1\frac{1}{2}$  hours. They look terrible but once peeled they're fine for baking.
- keep **nuts** in the freezer — a great way to keep them fresh and no thawing necessary.
- freeze grated **rind** from oranges and lemons in small plastic yogurt cups.
- chop **raisins** occasionally — different flavor and texture. (Especially good when raisins and nuts are chopped together.)
- **oats** used in our recipes are the 'quick-cooking' type.
- **prunes** used are the pitted variety — no more expensive when you consider the weight of the pits — and ultra convenient.
- **milk powders** are economical and convenient if refrigerator space is limited.
- substitute **dates** for raisins in any of the recipes. Often **dates** are less expensive.
- if **whole wheat flour** is sifted — bran from flour will be left in sifter. Be sure to tip it into flour mixture.
- for best flavor store **whole wheat flour**, **wheat germ** and **natural bran** in refrigerator. (Flour stores well in freezer.)

## WHY NOT TRY...

a Baker's Secret Classics™ Gem Teacake Pan to bake tiny muffins (about 5 minutes less baking time) — great for pre-schoolers — or to bake a variety for a coffee party.



## **TOPPINGS... for added flavor and interest**

*Before baking...* turn batter into muffin cups and top with one of the following.

- sugar mixed with a little orange or lemon peel
- sugar mixed with cinnamon and/or nuts
- sesame or poppy seeds

*After baking...* while muffins are still hot, try one of these.

- sprinkle with icing sugar
- 2 Tbsp lemon juice and 4 Tbsp sugar spooned over muffins and returned to oven for 3 minutes
- dip top of muffin in melted butter, then sugar (with spice)
- paint top with jelly or marmalade

## **FRESH & HOT MUFFINS FOR GUESTS...**

- have dry and liquid ingredients mixed in separate bowls. As guests arrive, quickly combine and pop into oven.

## **SPREADS... delicious on split muffins**

### **Sweet Orange**

- 1/4 cup butter
- 1/2 cup icing sugar
- 1/2 orange (juice & grated rind)

### **Rich Fruit Butter**

- 1 cup butter
- 2 Tbsp icing sugar
- 2 Tbsp grated orange or lemon rind or
- 1 cup fresh fruit puréed

Beat rind (or purée) into butter. Beat in sugar. Chill.



# Mexican Corn

**TEMP.** 425° F  
**TIME** 25 minutes  
**MAKES** 18 large muffins

*Peppy... a change from conventional cornbread...  
good with chili.*

- 1 cup cornmeal
- 1 cup all-purpose flour
- 1 Tbsp baking powder
- 1 tsp salt
- 1/2 tsp baking soda
- 1/2 tsp white sugar
- 1 onion
- 2 red chili peppers (dried are fine)
- 1/2 sweet green pepper
- 2 eggs
- 1 cup buttermilk
- 1/2 cup vegetable oil
- 1 cup grated sharp cheese
- 1 cup canned cream-style corn

1. In large bowl mix cornmeal, flour, baking powder, salt, soda & sugar.
2. In electric blender purée the onion, peppers, eggs & buttermilk.
3. Pour into dry mixture together with oil, cheese & corn.
4. Stir until blended.
5. Fill muffin cups and bake.



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# Old Cheddar

**TEMP.** 425° F

**TIME** 20 minutes (15 min./small)

**MAKES** 12 large muffins (24 small)

*Buttermilk is the secret... large size with soup...  
small size with salad.*

- 2 cups all-purpose flour
- $\frac{1}{3}$  cup white sugar ( $\frac{1}{4}$  C - less sweet)
- 1 Tbsp baking powder
- $\frac{1}{2}$  tsp baking soda
- 1 cup grated old cheddar cheese (yellow for color)
- $\frac{1}{4}$  cup vegetable oil
- 1 cup buttermilk
- 1 egg

1. Sift together dry ingredients.
2. Stir in grated cheese.
3. Beat oil, buttermilk and egg.
4. Pour into dry ingredients.
5. Stir to blend.
6. Fill muffin cups and bake.



If desired, sprinkle batter with grated cheese and paprika.

# Miracle Date Nut

**TEMP.** 375°F  
**TIME** 20 minutes  
**MAKES** 12 large muffins

*Moist and delicious... from Lynda who uses her mother's cast-iron pans for huge puffy muffins.*

- 1½ cups chopped dates
- 2 tsp baking soda
- 1 cup boiling water
- 1 cup miracle whip salad dressing
- ¾ cup brown sugar
- ½ cup natural bran
- 1½ cups all-purpose flour
- ½ tsp cinnamon
- ½ tsp nutmeg

1. In large bowl pour boiling water over dates and soda.
2. Mix and allow to cool.
3. Add salad dressing and brown sugar. Mix well.
4. Add bran.
5. Sift in flour and spices.
6. Stir to blend.
7. Fill muffin cups and bake.



Add crunch with ¼ cup chopped nuts.



# Snappy Ginger

**TEMP.** 350° F

**TIME** 25 minutes (18 min./small)

**MAKES** 12 - 14 large muffins (30 small)

*Here's a timesaver... double recipe... fill 2 dozen muffin cups... bake remainder in square cake pan for 45 minutes and presto - fresh gingerbread!*

- 1/2 cup vegetable oil**
- 1/4 cup brown sugar**
- 1/4 cup white sugar**
- 1 egg**
- 1 cup molasses**
- 3 cups all-purpose flour**
- 1 1/2 tsp baking soda**
- 1 tsp cinnamon**
- 1 tsp ginger**
- 1/2 tsp cloves**
- 3/4 tsp salt**
- 1 cup hot water**

1. In large beater bowl, cream oil & sugars.
2. Add egg and molasses. Beat well.
3. Sift dry ingredients together.
4. Add to creamed mixture alternately with hot water.
5. Fill muffin cups and bake.



# Refrigerator Ginger

**TEMP.** 375° F

**TIME** 30 minutes

**MAKES** 3 dozen large muffins

*An alternative for ginger lovers...  
bake when convenient.*

- |                   |                          |
|-------------------|--------------------------|
| 1 cup shortening  | 4 cups all-purpose flour |
| 1 cup white sugar | 4 tsp ginger             |
| 1 cup molasses    | 1 tsp allspice           |
| 4 eggs            | $\frac{1}{2}$ tsp nutmeg |
| 2 tsp baking soda | 2 cups raisins           |
| 1 cup buttermilk  | (soaked in water)        |

1. Cream shortening; add sugar. Beat until fluffy.
2. Stir in molasses.
3. Add eggs, one at a time. Beat well after each addition.
4. Dissolve soda in buttermilk.
5. Combine flour and spices.
6. Add to creamed mixture alternately with buttermilk, beating well after each addition.
7. Drain raisins. Stir into batter.
8. **Cover and store in fridge for 24 hours before baking. Do not remix.**
9. Batter will keep up to 3 weeks.

# Lemon

**TEMP.** 400° F

**TIME** 15 - 20 minutes

**MAKES** 10 - 12 large muffins

*Perfect for tea or for dessert with berries and cream.*

- 2 cups all-purpose flour
- $\frac{1}{2}$  cup plus 2 Tbsp white sugar
- 1 Tbsp baking powder
- 1 tsp salt
- $\frac{1}{2}$  cup butter (margarine)
- $\frac{1}{2}$  cup fresh lemon juice
- 2 eggs
- Grated rind of 1 or 2 lemons

1. Combine flour,  $\frac{1}{2}$  C sugar, baking powder and salt. Blend well.
2. Melt butter. Remove from heat and stir in lemon juice, rind and eggs.
3. Stir egg mixture into dry ingredients until well moistened.
4. Fill muffin cups. Sprinkle tops with white sugar. Bake until lightly browned.



# Maple Walnut

**TEMP.** 425° F

**TIME** 20 minutes (until golden brown)

**MAKES** 12 large muffins

*The 'chelsea bun' of muffins... best served warm... developed by Susan Lee, freelance food writer for The London Free Press and The Brantford Expositor.*

- 2 Tbsp butter
- 1/2 cup maple syrup
- 1/4 cup coarsely chopped walnuts
- 2 cups all-purpose flour
- 3 tsp baking powder
- 1 tsp cinnamon
- 1/2 tsp salt
- 3 Tbsp maple syrup
- 1 cup milk
- 1/4 cup vegetable oil
- 1 egg

1. Warm butter and syrup together in small pan.
2. Place 2 tsp of this mixture in each of twelve large muffin pans.
3. Sprinkle 1 tsp nuts into each pan.
4. Into large bowl, sift flour, baking powder, salt and cinnamon.
5. Stir together syrup, milk, oil and egg.
6. Pour liquid into dry ingredients and stir just until moistened.
7. Fill prepared pans 2/3 full and bake.
8. When baked, up-turn on cooling rack placed over foil to allow syrup to flow over muffins. Remove from pans while hot before syrup hardens.

# Mince meat Bran

**TEMP.** 375° F  
**TIME** 18 - 20 minutes  
**MAKES** 24 large muffins

*Bea keeps these on hand for Peter when farm chores are finished.*

- 2 eggs, beaten
- $\frac{3}{4}$  cup vegetable oil
- $\frac{3}{4}$  cup white sugar
- $\frac{1}{4}$  cup molasses or brown sugar
- 2 cups milk
- $1\frac{1}{2}$  cups mincemeat
- $2\frac{1}{4}$  cups all-purpose flour
- $1\frac{1}{4}$  cups natural bran
- 2 tsp baking powder
- 2 tsp baking soda
- 1 tsp salt

1. Beat eggs, oil and sugar.
2. Add molasses, milk and mincemeat and beat together.
3. Blend in dry ingredients.
4. Fill muffin cups and bake.



Leftover batter may be stored covered in the fridge for a few days.



# Mushroom

**TEMP.** 375°F  
**TIME** 30 minutes  
**MAKES** 12 large muffins

*Muffins don't have to be sweet... a different taste for brunch or supper.*

- 3 Tbsp margarine
- $\frac{1}{2}$  lb. mushrooms; finely chopped (3 cups)
- 1 cup whole-wheat flour
- 1 cup all-purpose flour
- 3 tsp baking powder
- 2 tsp white sugar
- $\frac{1}{2}$  tsp salt
- 1 cup grated old cheddar cheese
- $\frac{3}{4}$  cup milk
- 2 eggs

1. Heat margarine in fry pan. Cook-stir mushrooms quickly until golden & no moisture left.
2. Sift dry ingredients into bowl.
3. Add cheese and toss until coated.
4. Beat milk and eggs.
5. Add to dry ingredients with mushrooms.
6. Mix until blended.
7. Fill muffin cups and bake.

# Marmalade

**TEMP.** 400° F  
**TIME** 25 minutes  
**MAKES** 12 large muffins

*An unexpected surprise ... a rich orange taste.  
Watch carefully - these may brown quickly.*

- 2 cups all-purpose flour
- $\frac{1}{2}$  cup white sugar
- 1 Tbsp baking powder
- $\frac{1}{2}$  tsp salt
- $\frac{2}{3}$  cup raisins
- $\frac{1}{3}$  cup sunflower seeds (or nuts)
- $\frac{1}{2}$  cup undiluted frozen orange juice (thawed)
- 1 egg
- $\frac{1}{3}$  cup margarine (softened or melted)
- $\frac{3}{4}$  cup marmalade (we use orange)

1. Sift dry ingredients into large bowl.
2. Stir in raisins and seeds.
3. In small bowl, mix together juice, egg, margarine and marmalade.
4. Add liquid to dry ingredients and stir only until moistened.
5. Fill muffin cups and bake.



Substitute 1 cup grated cheese for seeds.

# Orange Date

**TEMP.** 400° F  
**TIME** 20 minutes  
**MAKES** 12 large muffins

*Try to resist eating a second... our cookbook would not be complete without this favorite from southwestern Ontario.*

- 1 medium-large orange
- 1/2 cup orange juice
- 1/2 cup chopped dates
- 1 egg
- 1/2 cup margarine (room temp.)
- 1 1/2 cups all-purpose flour  
(or 1 C + 1/2 C whole-wheat)
- 1 tsp baking soda
- 1 tsp baking powder
- 3/4 cup white sugar
- 3/4 tsp salt

1. Cut orange in eighths, remove seeds, put in blender.
2. Add orange juice and dates. Blend until liquified.
3. Add egg and margarine. Blend again.
4. Into large bowl, sift dry ingredients.
5. Add blender mixture to flour mixture.
6. Stir to blend.
7. Fill muffin cups and bake.

# Orange Pineapple

**TEMP.** 400° F  
**TIME** 20 minutes  
**MAKES** 12 large muffins

*From Mary's farm kitchen in Komoka... orange and pineapple - a friendly combination.*

- $\frac{1}{2}$  cup all-bran cereal
- $\frac{1}{2}$  cup orange juice
- $\frac{1}{2}$  cup shortening (or margarine)
- $\frac{1}{2}$  cup white sugar
- 1 egg
- $1\frac{3}{4}$  cups all-purpose flour
- 2 tsp baking powder
- $\frac{1}{2}$  tsp baking soda
- $\frac{1}{2}$  tsp salt
- $\frac{1}{4}$  cup milk
- 1 cup drained crushed pineapple

1. In small bowl, mix bran cereal and orange juice.
2. In large bowl beat shortening and sugar.
3. Add egg to creamed mixture. Beat until light.
4. Sift in dry ingredients alternately with milk and bran mixture.
5. Stir in crushed pineapple.
6. Fill muffin cups and bake.





# Orange Oatmeal

**TEMP.** 350°F  
**TIME** 20 minutes  
**MAKES** 14 large muffins

*What could be better for breakfast than orange juice and oatmeal... but good for snacks anytime.*

- 1 cup rolled oats
  - ½ cup orange juice (add grated rind if fresh orange used)
  - ½ cup boiling water
  - ⅓ cup margarine
  - ½ cup brown sugar
  - ½ cup white sugar
  - 2 eggs, beaten
  - 1 cup raisins
  - 1 cup all-purpose flour
  - 1 tsp baking powder
  - 1 tsp baking soda
  - 1 tsp salt
  - 1 tsp vanilla
1. In small bowl, soak rolled oats in orange juice (and rind) and boiling water for 15 minutes.
  2. In large bowl, cream together margarine and sugars.
  3. Beat in eggs and oats mixture.
  4. Stir in raisins and remaining ingredients.
  5. Fill muffin cups and bake.

# Pumpkin Orange

**TEMP.** 400°F  
**TIME** 18 - 20 minutes  
**MAKES** 12 large muffins

*Orange adds zip to the pumpkin.*

1 3/4 cups all-purpose flour	1/4 cup vegetable oil
2 1/2 tsp baking powder	1/2 cup milk
1/2 tsp baking soda	1/2 cup orange juice
1/2 tsp salt	1 egg
1 tsp cinnamon	1 tsp orange peel (or more)
1/4 tsp nutmeg	3/4 cup canned pumpkin (without added spices)
1/4 tsp ginger	<b>TOPPING MIXTURE</b>
1/4 tsp mace	1 tsp pumpkin-pie spice
2/3 cup brown sugar	2 Tbsp white sugar
1/4 cup chopped raisins	
1/4 cup chopped walnuts	

1. Sift dry ingredients into large bowl.
2. Stir in brown sugar, raisins and walnuts.
3. Beat together oil, milk, juice, egg, peel and pumpkin.
4. Pour into dry mixture. Stir to blend.
5. Fill muffin cups.
6. Sprinkle topping mixture on batter and bake.



Try 1/2 C sunflower seeds instead of raisins and walnuts.

# Pineapple Gems

**TEMP.** 350° F  
**TIME** 20 - 25 minutes  
**MAKES** 12 - 14 large muffins

*For the person who is tired of bran.*

- $\frac{1}{2}$  cup butter or margarine (room temp.)
- $\frac{2}{3}$  cup white sugar
- 1 egg
- 2 cups all-purpose flour
- 1 tsp baking powder
- $\frac{1}{2}$  tsp baking soda
- $\frac{1}{2}$  tsp salt
- $\frac{1}{2}$  tsp cinnamon
- $\frac{1}{4}$  tsp cloves
- 1 cup crushed pineapple with juice



1. Cream butter, sugar and egg until light.
2. Sift dry ingredients together.
3. Add to creamed mixture alternately with pineapple. (Begin and end with dry ingredients)
4. Fill muffin cups and bake.



Add  $\frac{1}{2}$  cup coconut — good!

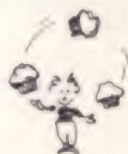
# Peanut Butter

**TEMP.** 375° F  
**TIME** 25 minutes  
**MAKES** 12 large muffins

*These disappear very quickly on baking day.*

- $\frac{1}{3}$  cup margarine (part shortening)
- $\frac{1}{4}$  cup brown sugar
- $\frac{1}{4}$  cup white sugar
- $\frac{1}{2}$  cup crunchy peanut butter
- 1 egg
- 2 cups all-purpose flour
- 2 tsp baking powder
- 1 tsp baking soda
- 1 cup milk
- $\frac{1}{3}$  cup chopped chocolate chips

1. With electric mixer cream margarine, sugars, peanut butter & egg.
2. Sift flour, baking powder & soda and add alternately with milk until blended.
3. Stir in chocolate chips.
4. Fill muffin cups and bake.





# Plain Prune

**TEMP.** 400° F  
**TIME** 20 minutes  
**MAKES** 16 large muffins

*Years ago westerners referred to prunes as 'CPR Strawberries' because of the elegant way railroad dining cars served stewed prunes and cream!*

- 2 cups all-purpose flour
- 2 tsp baking powder
- 1 tsp salt
- 1 tsp cinnamon
- 1 tsp baking soda
- 1 cup brown sugar
- $\frac{1}{4}$  cup wheat germ
- $1\frac{1}{2}$  cups chopped prunes
- $\frac{1}{3}$  cup vegetable oil
- $1\frac{1}{4}$  cups buttermilk
- 1 egg
- 1 tsp vanilla
- TOPPING**
- 2 Tbsp poppy seeds (optional)

1. Sift flour, baking powder, salt, cinnamon, soda into large bowl.
2. Add brown sugar and wheat germ. Stir.
3. Stir in prunes.
4. Beat oil, buttermilk, egg, vanilla.
5. Add to dry mixture. Stir to blend.
6. Fill muffin cups.
7. If desired, sprinkle poppy seeds on batter and bake.

# Boiled Raisin

**TEMP.** 375° F  
**TIME** 20 - 25 minutes  
**MAKES** 12 large muffins

*An old-fashioned recipe...  
popular with our grandmothers.*

- 1½ cups raisins
- 1½ cups water
- ⅔ cup brown sugar
- ½ cup shortening
- 1 egg
- 1½ cups all-purpose flour
- 1 tsp baking powder
- 1 tsp baking soda
- 1 tsp vanilla

1. Boil raisins in water for 20 minutes.
2. Cream sugar, shortening and egg.
3. Add cooled, drained raisins, plus ½ C raisin water to sugar mixture.
4. Add sifted dry ingredients to first mixture.
5. Add vanilla and stir until blended.
6. Fill muffin cups and bake.



# Sugar and Spice

TEMP. 350° F

TIME 15 minutes

MAKES 24 medium-small muffins

*We fill pans  $\frac{1}{3}$  full for these doughnut-like tidbits... small tart pans are another idea.*

$1\frac{3}{4}$  cups all-purpose flour

$1\frac{1}{2}$  tsp baking powder

$\frac{1}{2}$  tsp salt

$\frac{1}{2}$  tsp nutmeg

$\frac{1}{3}$  cup vegetable oil

$\frac{3}{4}$  cup white sugar (first amount)

1 egg

$\frac{3}{4}$  cup milk

## AFTER BAKING

$\frac{2}{3}$  cup melted butter or margarine

$\frac{3}{4}$  cup white sugar (second amount)

1 tsp cinnamon

1. Sift together flour, baking powder, salt, nutmeg.
2. Beat oil,  $\frac{3}{4}$  cup sugar, egg, milk.
3. Add this mixture to dry ingredients.
4. Stir to blend.
5. Fill **greased** muffin cups about  $\frac{1}{3}$  full of batter.  
(Do not use paper baking cups.)
6. When baked, remove immediately from pans.
7. Melt butter in saucepan.
8. While hot, dip each muffin in melted butter then roll in mixture of  $\frac{3}{4}$  cup sugar and cinnamon.

# Penny's Seed

**TEMP.** 400° F  
**TIME** 20 minutes  
**MAKES** 12 large muffins

*Delightfully speckled with seeds and nuts.*

- 1½ cups all-purpose flour
- ½ cup whole-wheat flour
- 1 tsp baking powder
- 1 tsp baking soda
- ½ tsp salt
- ¾ cup brown sugar
- ½ cup chopped nuts
- 2 Tbsp wheat germ
- 2 Tbsp sesame seeds
- 2 Tbsp poppy seeds
- 1 egg
- 1 cup buttermilk
- ¼ cup vegetable oil

1. Sift flour, baking powder, soda and salt into large bowl.
2. Stir in sugar, nuts, wheat germ and seeds.
3. Beat together egg, buttermilk and oil.
4. Pour into dry ingredients.
5. Stir to blend.
6. Fill muffin cups and bake.



# Thames Trail

**TEMP.** 350° F  
**TIME** 20 minutes  
**MAKES** 18 large muffins

*Nourishment while you're hiking... take your "Trail Mix" in a muffin.*

- |                         |                        |
|-------------------------|------------------------|
| 1 ½ cups very hot water | ½ tsp baking soda      |
| ¼ cup molasses          | 1 ½ tsp salt           |
| ½ cup natural bran      | ½ cup vegetable oil    |
| ½ cup rolled oats       | 2 large eggs           |
| 3 Tbsp white sugar      | 2 tsp vanilla          |
| 3 Tbsp brown sugar      | ½ cup coconut          |
| ½ cup all-purpose flour | ½ cup walnuts          |
| ½ cup whole wheat flour | ½ cup sunflower seeds  |
| ¼ cup graham flour      | 1 cup raisins          |
| ½ cup skim milk powder  | ½ cup chopped dates    |
| 3 Tbsp wheat germ       | ½ cup chopped apricots |
| 1 tsp baking powder     | (optional)             |

1. In large beater bowl combine water and molasses.
2. Add bran and oats. Soak for 15 minutes.
3. In another bowl combine sugars, flours, milk powder, wheat germ, baking powder, soda and salt.
4. To the soaked bran-oats, add and beat oil, eggs, vanilla.
5. Add dry ingredients. Combine thoroughly.
6. Stir in nuts and fruit.
7. Fill muffin cups and bake.

# Zucchini Whole-Wheat

**TEMP.** 400° F  
**TIME** 20 minutes  
**MAKES** 9 large muffins

*A 'biscuit' to serve warm with homemade soup for a nourishing lunch.*

- 2 cups whole-wheat flour
- $\frac{3}{4}$  tsp salt
- 2 tsp baking powder
- 2 Tbsp white sugar
- $\frac{1}{4}$  tsp mace
- 1 egg
- $\frac{1}{2}$  cup milk
- 2 Tbsp melted margarine
- 1 cup grated zucchini
- TOPPING MIXTURE**
- $\frac{1}{2}$  tsp cinnamon
- 1 Tbsp white sugar

1. Mix dry ingredients together.
2. Beat together egg, milk, margarine.
3. Pour into flour mixture. Stir to blend.
4. Stir in zucchini.
5. Fill muffin cups and bake.



# Zucchini Cheese Bran

**TEMP.** 425° F

**TIME** 20 minutes

**MAKES** 12 large muffins

*A meal in a muffin!... for lunch - split in half and fill with ham, lettuce and sharp mayonnaise.*

- |                               |                                  |
|-------------------------------|----------------------------------|
| 1 cup all-bran cereal         | 1 cup whole-wheat flour          |
| $\frac{3}{4}$ cup buttermilk  | $2\frac{1}{2}$ tsp baking powder |
| $\frac{1}{3}$ cup brown sugar | $\frac{1}{2}$ tsp baking soda    |
| $\frac{1}{3}$ cup margarine   | $\frac{1}{2}$ tsp salt           |
| (melted or softened)          | 1 cup grated cheese              |
| 1 egg                         | (old or medium)                  |
|                               | 1 cup grated zucchini            |

1. In large bowl soak cereal in buttermilk.
2. Stir in sugar, margarine and egg.
3. Sift in flour, baking powder, soda and salt.
4. Add grated cheese and zucchini.
5. Stir until moistened.
6. Fill muffin cups.
7. Sprinkle a little grated cheese on batter and bake.



Try 1 cup chopped raw broccoli or  $\frac{1}{2}$  cup drained, chopped pickle in place of zucchini and increase buttermilk to 1 cup.

# The Last Word in Muffins.

**TEMP.** 350° F

**TIME** 1 hour

**MAKES** 2 MIGHTY MUFFINS!

*Bake in 2 one-pound coffee cans!*

*Or use two 8½" x 4½" x 2½" Baker's Secret loaf pans.*

- 1½ cups white sugar
- ½ cup vegetable oil
- 2 eggs
- ⅓ cup water
- 1¾ cups all-purpose flour
- 1½ tsp cinnamon
- 1 tsp nutmeg
- 1 tsp baking soda
- ½ tsp salt
- 1 cup canned pumpkin  
(without added seasonings)
- ½ cup chopped pecans
- ½ cup raisins



1. In electric mixer bowl beat sugar, oil, eggs and water until combined.
2. Sift into this mixture the flour and spices.
3. Mix until moistened.
4. Stir in pumpkin, pecans and raisins.
5. Spoon batter into 2 greased and floured coffee cans, or loaf pans.
6. Bake until wooden pick inserted in center comes out clean.
7. Let cool in pans for 10 minutes before removing "muffins".



BAKING MUFFINS WITH  
**Baker's Secret**  
NON-STICK BAKEWARE

Baker's Secret Muffin Pans have large 2¾" x 1¼" cups to make large gourmet size muffins.

Baker's Secret Pans are predarkened so they absorb a little more oven heat than shiny bakeware. This makes baked goods brown better. Check for doneness 3-5 minutes before the minimum baking time is up. For best results, you may need to reduce the oven temperature 25° F from what the muffin recipes in this book state.

Baker's Secret is coated with silicone, a safe, durable, non-stick coating. This makes the pans easy to clean and helps to release baked goods easily. However, for best results when making muffins, we recommend that you lightly grease the muffin cups with vegetable shortening or non-stick cooking spray.

Wash Baker's Secret by hand in hot soapy water using a soft cloth, sponge, brush or plastic mesh pad. Do not use steel wool, abrasive cleansers or soak pans. It is important to rinse and dry thoroughly before storing.

Do not use on top of the range, under broiler or for storage purposes in a refrigerator or freezer.



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